

# Belmont Park (33mins 2.1km)

Suitable during all seasons on pavements and footpaths. Some inclines and steps in places.

Belmont Park is less than ten minutes away from the hospital site, tucked between the local railway line and Brighton Road.



With plenty of seating and all-weather shelters, it is also a welcome place to enjoy a picnic and bird song amongst a variety of trees, chosen for their Spring blossom and Autumn colours.

The playground makes it a great place for younger people to let off steam, although it can get busy in the holidays and after school.

*"I've been past this place many times and never knew it existed" - Staff*



On the way to the park, notice the changing seasonal colours and features of the front gardens in Pelton Avenue.

The nearby California Pub has agreed that park visitors are welcome to use their toilet and water facilities during opening hours.

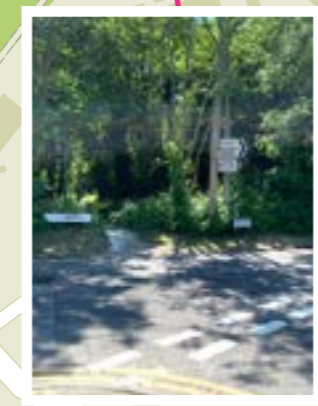
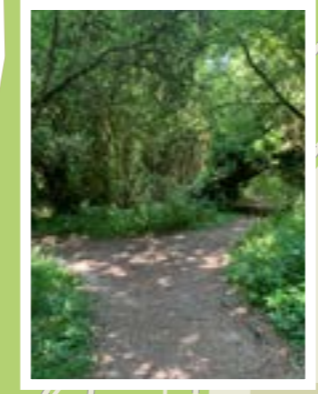
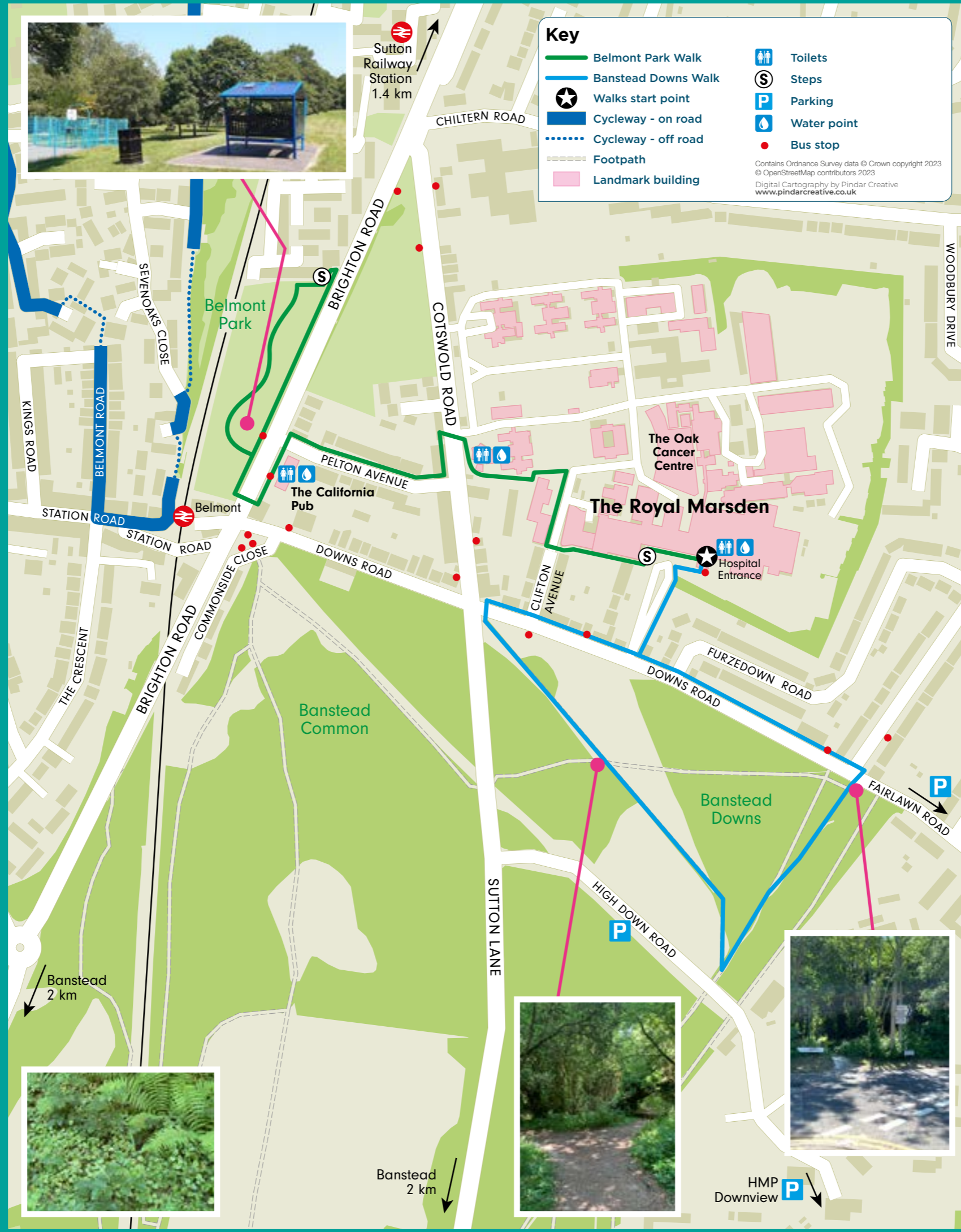
[www.emberinns.co.uk](http://www.emberinns.co.uk)

## Local Places to Visit

Oaks Park, Cheam Park, Nonsuch Park [sutton.gov.uk/w/parks-and-facilities](http://sutton.gov.uk/w/parks-and-facilities)

Carshalton Community Lavender Fields [carshaltonlavender.org](http://carshaltonlavender.org)

Mayfield Lavender Farm [mayfieldlavender.com](http://mayfieldlavender.com)

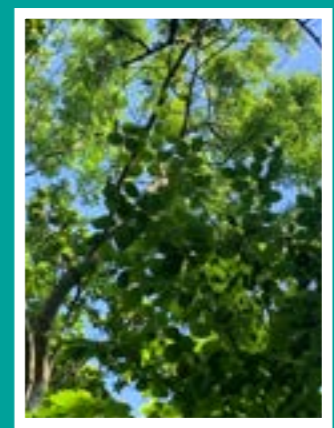


# Banstead Downs (25mins 1.3km)

Suitable for most seasons. Uneven surfaces and some inclines using brideways and paths.

Enjoy this scenic route taking you across part of the Downs, where you can wind along the paths through the heath and trees, keeping an eye out for wildlife and listening for birdsong. Look at the shapes of the leaves and trees and try to find sycamore, oak, hawthorn, and hazel.

[woodlandtrust.org.uk](http://woodlandtrust.org.uk)



Leaving the hospital site, turn left and follow Downs Road up to the junction with Fairlawn Road. Cross the road and follow the brideway through the trees. Turn right along a path just before High Down Road and keep following it downhill through the trees, keeping to the

right where paths cross. The path returns to the corner of Downs Road and Sutton Lane. Cross over Downs Road, turn right and follow the road back to the hospital site.

Banstead Downs is north-facing and has an unusual chalk downland known for the diversity of plants which provide food for many animals, such as roe deer, rabbits, voles and butterflies.

Spring starts with dandelions, speedwell and cow parsley. In Summer, the Common chalk grassland species of vetch, ox-eye daisy and knapweed are hiding amongst the buttercups. In Autumn several of the trees create a colourful display of berries and leaves.



[www.nativeflower.co.uk](http://www.nativeflower.co.uk)

*"Sometimes I needed to leave the hospital setting to let the information sink in, and other times to do something normal" - Former Outpatient*

You can use [www.openstreetmap.org](http://www.openstreetmap.org) to continue exploring the Downs

# The Royal Marsden: Sutton Walking Map

Inspiring you to be part of an active Royal Marsden

Scan this QR code with your phone to take you to the Staying Active webpage.



This map was designed with the help of patients, staff and volunteers from The Royal Marsden NHS Foundation Trust.

*“Walking allows people to come out of themselves and their current circumstances into a different space for a while” - Outpatient*

There are three walking routes designed as a starting point to explore the local area. They are of differing lengths and can be done in part, as single or multiple loops, depending on your time and fitness level. Where possible, the routes take you off the roads that experience higher levels of traffic and use quiet ways that highlight Sutton’s local wildlife and points of interest.

Do consider your current capabilities and personal safety when choosing your routes, using designated crossing points where possible.

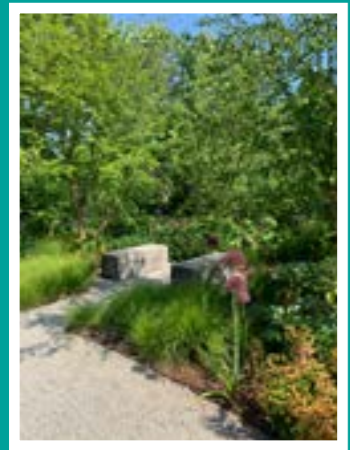
## Maggie’s Garden Loop (11mins 0.8km)

Suitable for all seasons on pavements and footpaths. Alternative routes from The Oak Cancer Centre and avoiding any steps are shown.

Maggie’s Garden is on the corner of Cotswold Road, near Pelton Avenue. From the main hospital entrance or The Oak Cancer Centre, turn right and follow the signs to Maggie’s Centre and Garden.

There are many things to spot on the way, such as a painted cow, a bug hotel and sculptures. What else can you find on your route?

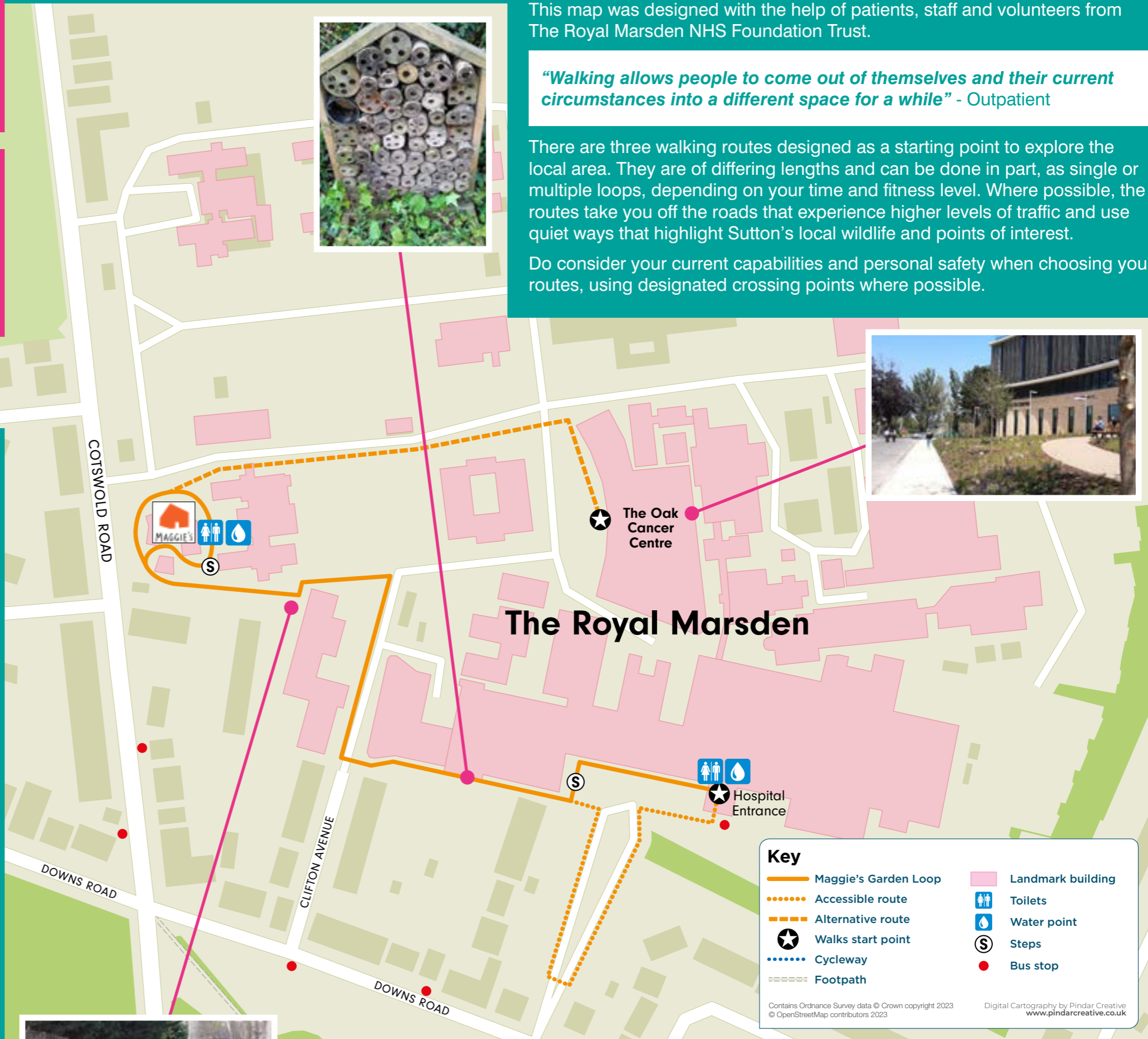
The garden is a place to feel calm and pause within your day. It flows in a gentle circle to allow views from every window of the centre and filter out noises from the busy hospital site. Every season has been considered, with many of the plants chosen to attract bees and wildlife and give all year interest through colour, shape, and texture.



Under shady trees, notice the shape of the leaves and the assorted colours in the planting. Focus on tiny details using your senses – what can you hear in the wind? Wander past perennial flowers that change from low vibrant bulbs in Spring to delicate grasses and taller sun-loving plants in Summer. Unusual seed heads and a variety of changing leaf shades set against the colourful building renew interest into Autumn and Winter.

[rhs.org.uk](http://rhs.org.uk)

The garden surrounds Maggie’s Centre, where artwork and furnishings help create a comfortable place for a chat with people who understand and can give practical advice and solace. [www.maggies.org](http://www.maggies.org)



**Key**

- Maggie's Garden Loop
- Accessible route
- Alternative route
- Walks start point
- Cycleway
- Footpath
- Landmark building
- Toilets
- Water point
- Steps
- Bus stop

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The ROYAL MARSDEN  
NHS Foundation Trust



[royalmarsden.nhs.uk](http://royalmarsden.nhs.uk)

[royalmarsden.org](http://royalmarsden.org)

[livingstreets.org.uk](http://livingstreets.org.uk)